



SALADS

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- ② 5 BEAN SALAD with red onion, cucumber, roasted carrots, red pepper, and honey/turmeric vinaigrette
- ② ARUGULA SALAD with roasted pears, shaved manchego cheese, candied pecans and sherry vinaigrette
- ② CHOPPED KALE AND MIXED GRAIN SALAD with quinoa, puffed lentils, chick peas, broccoli florets, alfalfa sprouts, cherry tomatoes, cumin scented yogurt and red wine vinaigrette
- ② ROASTED AND PICKLED BEET SALAD with mustard/goats cheese vinaigrette, citrus segments, shaved fennel, pea sprouts and chili oil
- ② CAPRESE SALAD with grilled oyster mushrooms, pickled wild spring onions, soft mozzarella, heirloom tomatoes, sundried tomatoes and basil cress
- ② SINGAPORE SLAW with snow peas, peppers, daikon, carrots, scallions, crispy taro, bean sprouts, mandarins and plum dressing
- ② SUMMER CHOPPED SALAD with iceberg, romaine, heirloom tomatoes, pickled cucumber, aged goats cheese, pomegranate seeds, shaved asparagus and herb vinaigrette
- ② BABY SPINACH SALAD with mild blue cheese, pickled red onions, toasted walnuts, apples, crispy bacon and maple/Dijon vinaigrette



SANDWICHES

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- ② TUNA SALAD with peppers, Sriracha and onions on assorted bagels
- ② GRILLED VEGETABLE SANDWICH on multigrain loaf with red pepper hummus, goats cheese, alfalfa sprouts and balsamic vinegar
- ② CHICKEN SALAD SANDWICH served on rosemary focaccia with grapes, grainy mustard and parsley
- ② HOUSE ROASTED TURKEY BREAST served with cranberry mayonnaise, pickled onion and watercress on sour dough bun
- ② SLOW ROASTED AND SLICED PRIME RIB with caramelized onions, horseradish aioli and arugula on pretzel bun
- ② GRILLED CHICKEN BREAST with sautéed green and red peppers, chipotle aioli, crispy romaine lettuce and onion frites
- ② SEARED AHI TUNA on crispy bao bun with scallion and carrot slaw



COLD APPETIZERS

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- ② CHARCUTERIE BOARD with artisan meats from Dolce Lucano, house pickled vegetables, grainy mustard, roasted garlic crostini, marinated olives
- ② ARTISAN CHEESE BOARD served with honey, dried fruits, grapes, roasted garlic crostini and Rain Coast crisps
- ② CRISPY HERB AND GARLIC RUBBED PITA AND CROSTINI WITH DIPS
 - Curry scented roasted carrot dip
 - Roasted red pepper hummus
 - Roasted eggplant with smoked paprika and parsley
 - Roasted cherry tomato and basil
 - White bean and lime
- ② FRESH VEGETABLE PLATTER with citrus/dill dip
- ② FOIE GRAS TERRINE with roasted figs, country toasts and spiced wild blueberry chutney
- ② RABBIT TERRINE with country toasts, spiced apples and pickled mustard seed
- ② LOCALLY FORAGED WILD ONTARIO MUSHROOMS pickled and stored in herb and garlic oil, served on house made focaccia with arugula pesto and toasted hazelnuts (*we forage these ourselves, so quantities are limited*)
- ② PREMIUM SEAFOOD PLATTER
 - Citrus poached tiger shrimp with house cocktail sauce
 - Fennel and star anise poached lobster with soy vinaigrette
 - Crab dip with wonton chips
 - Chilled mussels with tomato water and garlic confit



PROTEINS

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- 🍷 BBQ BRAISED BEEF SHORT RIB with cucumber slaw, crispy onions and bbq aioli
- 🍷 GRILLED FLANK STEAK sliced thin with chimichurri and crispy tortillas
- 🍷 GRILLED CHICKEN BREAST with house made bbq sauce and mango salsa
- 🍷 THAI CURRY CHICKEN BREAST with carrots, kohlrabi, daikon and red pepper slaw, and lime crème fraiche
- 🍷 TERIYAKI GLAZED ROASTED BEEF SHORT RIB with kimchi slaw, sesame seeds and crispy noodles
- 🍷 GRILLED JERK CHICKEN with pineapple salsa
- 🍷 GRILLED MAPLE AND MUSTARD GLAZED SALMON FILLET
- 🍷 RED SNAPPER with pineapple salsa, grilled red chillies and Thai basil
- 🍷 TILAPIA with jerk coconut broth, hearts of palm, red peppers and cilantro
- 🍷 MISO GLAZED SALMON FILET with green apple and grape chutney
- 🍷 PAN SEARED SALMON with mustard and dill glaze, pickled fennel and crispy onions



VEGETABLES

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- 🍷 CHILI AND GARLIC SAUTEED GREEN BEANS
- 🍷 ROASTED BEETS AND MUSHROOMS with pickled shallots, parsley and crumbled goats cheese
- 🍷 SPAGHETTI SQUASH GRATIN with tomato sauce, parmesan, basil and roasted garlic breadcrumbs
- 🍷 SUMMER SUCCOTASH with grilled corn, sweet peas, edamame, roasted peppers and grilled asparagus
- 🍷 GLAZED ROASTED CARROTS with thyme and ricotta
- 🍷 EGGPLANT CAPONATA with golden raisins, green and yellow beans, roasted tomatoes and fennel
- 🍷 VEGETABLE STIR FRY with snow peas, peppers, broccoli, bok choy, mushrooms, water chestnuts with ginger/hoisin sauce



STARCHES

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- ② POTATO GNOCCHI with tomato basil sauce, shaved parmesan cheese
- ② MASHED POTATOES, choice of:
 - White truffle
 - Roasted garlic
 - Mascarpone
- ② ROASTED MASHED SWEET POTATOES with cinnamon, sage and toasted walnuts
- ② ROASTED FINGERLING POTATOES with caramelized onions and herbs
- ② VEGETABLE FRIED RICE with peas, carrots, onions and peppers
- ② COCONUT SCENTED RICE and black beans and cilantro
- ② SAUTÉED NOODLES with peppers, bean sprouts and soy glaze